

## **MENSTRUATION BRACELET TEMPLATE**

Select a size that fits your wrist. Color 5 beads (in a row) red. Cut out the bracelet with a scissor and connect the ends with adhesive tape or glue. Put it on, take a picture and post it with a message on your social channels on Menstrual Hygiene Day 28 May! Use #ItsTimeForAction and #MHDay2020 Please tag @menstrualhygieneday (Facebook + Instagram) and @mhday28may (Twitter)





## **MORE IDEAS:**

The Menstruation Bracelet made from beads ▶







Made from fabric ▶





Or simply paint the bracelet on your wrist!
For this example we used toothpaste and red lipstick





The simplest solution if you need bracelets in large numbers: use a piece of red or pink string

(They won't have 28 beads obviously, but it's okay)